well known that alcohol is frequently taken by the Turks in large quantities without producing inebriation. Besides which, they enjoy an immunity more or less complete from various diseases which are here prevalent, and which would be quite unaccountable were the influence of the bath to be denied. Gout is scarcely known; rheumatism is rare, and soon cured; workers in lead paints seldom are affected by colica pictonum; chronic skin diseases are very rare, and pulmonary consumption much less common than with us.

"The Turks are indeed seldom ill, and are, on the whole, longer lived than the Western nations, if one may be allowed to judge from the number of old men to be seen in the streets, for unfortunately the government keeps no statistics. The physicians who have had the most experience in attending them are, moreover, of opinion that these happy results are really owing to the great attention which they bestow upon the functions of the skin; and Dr. Millinger (the Sultan's physician) informs me that the Turks themselves have always considered the public baths of Constantinople as supplying the place of a certain number of hospitals, which must otherwise be built. Of the former there are 300 open to the public, and every gentleman who can afford it has a private one in his own house; while there are only two or three public civil hospitals for a population of 900,000 souls, nor were these at all crowded when I was in Constantinople.

"Facts like these may lead us to inquire whether the office which nature has intended for the skin is not really much more important than we are in the habit of considering it; and whether cutaneous respiration be really restricted to the lower animals.

"It is an important practical question to the British public to know whether the Oriental bath is, in the first place, conducive to health, and, in the second, whether it is suitable to this climate. The first of these questions has been answered over and over again by travellers who have thus recruited their wearied frames, and by the experience of one-fourth of the population of the world, who look upon the bath as not merely the greatest of luxuries, but as a necessity, without which life would be a burden to them.

"We may perhaps be told that the bath has been discontinued in the west of Europe, because it was found unsuited for the climate and the genius of the people; but history furnishes other reasons to account for its disappearance—luxury and depravity did indeed enter the sanctuary, and in the endeavour to suppress them, the temple of cleanliness was destroyed. In the time of Constantine, a regular crusade was waged against them by the clergy, and the civil power being placed in their hands almost without restriction, they destroyed at one fell swoop the two greatest bulwarks by which the physical energy of the people had been preserved—bodily exercise capable of acting upon the entire muscular system, and a habit of cleansing the entire body. Thus fell the baths and gymnasia of Europe. The ancient bath is worthy of restoration, both as a hygienic and remedial agent. A beginning has already been made, and our native land has taken the initiative; the only building of this kind in the west of Europe being lately opened in the neighbourhood of the city of Cork, where it is used as a medical agent, with, I understand, considerable success. No doubt, further improvements will shortly be made, which will render it more serviceable as a remedy, both by additions and alterations in its manner of working. I myself have suggested the introduction of a certain measured quantity of pure oxygen gas, which may readily be done by means of small tubes, whenever that element may appear to require renewal; and I am not without hopes that I may soon be enabled to bring before the profession some further communication upon this interesting subject."—*Dublin Hospital Gazette*, Sept. 15, 1857.

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13. *On the Preparation of Valerianate of Ammonia of Definite Composition.*—This salt had hitherto not been obtained in a state of purity, and in the solid form. In fact, even in the most recent treatises on chemistry, the valerianate of ammonia is described as being liquid and amorphous; and the manufacturers of chemical products have been unable to supply it in a solid and crystallized state, pure, and of uniform composition. MM. Laboureur and Fontaine

have endeavoured to overcome this difficulty. Their process consists in preparing pure valerianic acid and ammoniacal gas, and then uniting the two bodies. In proportion as the combination takes place the salt crystallizes in a confused form, but under the microscope, four-sided prisms, either terminated in pyramids or bevelled at their extremities, are distinctly seen. The valerianate thus obtained has been analyzed by a commission of the *Academy of Medicine*, and its purity has been ascertained.

The following is the formula: Take monohydrated and pure valerianic acid; place it in thin layers in a flat capsule, covered with a perfectly fitting receiver; let anhydrous ammoniacal gas pass into the receiver, until the valerianic acid is saturated; preserve the valerianate of ammonia in small portions, in well-stopped bottles.—*Bull. Gén. de Thérap.*, tom. 52.

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14. *Formula for a Liquor Cinchonæ to replace the Wine of Bark.*—M. Deschamps proposes the following: Alcohol, s. g. 833, five ounces; water, twenty-seven ounces; sulphuric acid, s. g. 1845, fifteen and a half grains; yellow bark, three ounces; orange peel, four scruples. Macerate the entire for ten days, strain, and add to the strained liquor half its weight of sugar; dissolve the sugar, and strain. One ounce represents the infusion of half a drachm of bark.

The advantages of the preparation are said to be, that while it is comparatively cheaper than wine of bark, the sugar it contains will modify its action in the same manner as the organic matter contained in wine does; secondly, that its taste is more agreeable than that of wine of bark; thirdly, that the preparation will always be uniform; and fourthly, that children will not refuse to take it.—*Ibid.*

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15. *Formulæ for the Gelatinization of Cod-liver Oil.*

M. Stanislas Martin's Jelly modified.—Take of cod-liver oil, two ounces; fresh spermaceti, two and a half drachms; simple, or other suitable syrup, and Jamaica rum, of each six drachms. Beat the ingredients together with the aid of heat, and when the mixture has acquired some consistence, pour it into a wide-mouthed bottle. *Cod-liver Oil solidified with gelatine.*—Take of pure gelatine, half an ounce; water, simple syrup, of each four ounces; cod-liver oil, eight ounces; aromatic essence, as much as may be sufficient. Dissolve the gelatine in the boiling water, and add successively the syrup, the oil, and the aromatic essence; place the vessel containing the entire in a bath of cold water; whip the jelly for five minutes at most, and then pour it, while still fluid, into a wide-mouthed glass bottle, furnished with a cork, or with a pewter cap, or if a bottle be not at hand, into a porcelain or earthenware pot, which should be carefully closed. *Cod-liver oil gelatinized with Carrageen or Irish Moss.*—Take of fucus crispus, half an ounce; water, eighteen ounces; simple syrup, four ounces; cod-liver oil, eight ounces; any aromatic, according to taste. Boil the carrageen in the water for twenty minutes; pass the decoction through flannel; concentrate it until it is reduced to four ounces by weight; add the syrup, the oil, and the aromatic; whip the mixture briskly, having first placed it in a cold bath, and pour it, while still a little warm, into the vessel intended to receive it. The syrup may be replaced by an equal quantity of Garus' elixir, mint, or vanilla cream, or rum, &c.

M. Sauvan proposes to combine cod-liver oil with Iceland moss. *Lichen and Cod-liver Oil.*—Take of Iceland moss jelly, four ounces; gelatine, four scruples; hydrocyanated cod-liver oil (to which two drops of essence of bitter almonds have been added), six drachms. Prepare the Iceland moss jelly in the usual manner; melt the gelatine and pass it into the vessel which is to hold it; then add the cod-liver oil; stir the entire with a spatula, until the mixture be homogeneous and the jelly begins to congeal. Dose—two or three spoonfuls daily.—*Ibid.*

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16. *Caustic Glycerine in Lupus.*—The following formula is employed by Dr. Hébra, of Vienna: Iodine, iodide of potassium, of each one drachm; glycerine, two drachms. This is applied every second day by means of a brush; it pro-